Make Frybread At Home!

1 message

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If you've never tried frybread your taste buds are missing out.

Fluffy, sweet and addictive, this captivating dessert draws its roots back to the Navajo 140+ years ago.

It's easy to make and even easier to accidentally *eat a whole batch*, right out the oven. But even with its carnival appeal and simple instructions, the history of fry bread is the perfect analogy for the path of our people over the last few centuries.

In the 1860s, the Navajo were forced by the US government to relocate 300 miles by foot. The new reservation was arid and unstable – we were unable to grow the beans and vegetables that we had subsisted from for generations.

Instead of forcing us to starve, the US government gave us canned goods as well as white flour, processed sugar and lard: the core ingredients for fry bread.

We took what we could from a bad situation and built from it.

We are dynamic and strong – and when forced to, we evolve.

But we never lose hope, and never surrender our identity.

For a light, fluffy dessert, fry bread shows not just our troubled past, but also our resilience.

And today, that resilience is required from supporters like you.

To help us create more recipes, tutorials, events and videos to honor our heritage, we're asking for a tiny $2/month donation.

Your help will go directly toward content creation and promoting the ideas and traditions that are otherwise threatened to be erased by history.

Traditions like fry bread.

I know it's only a few dollars, but those few raindrops help us create a tidal wave of impact for our Native American community.

👉 **Click here to donate.**

Thank you for your support!

Paul G

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